

**REGISTRATION NOT ACCEPTED BEFORE
JANUARY 14, 2008**

FIFTEASE EMERGENCY INFORMATION CARD
2008

NAME: _____ BIRTH DATE: _____

ADDRESS: _____ TOWN: _____ PHONE: _____

EMERG. CONTACT & RELATIONSHIP#1 _____ PH.#: _____

EMERG. CONTACT & RELATIONSHIP#2 _____ PH.#: _____

PHYSICIAN'S NAME: _____ PHONE: _____

LIST ANY MEDICAL CONDITIONS YOU MAY HAVE AND THE
MEDICATIONS YOU ARE TAKING. LIST FREQUENCY OF MEDICATIONS:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ACTIVITY REGISTRATION FORM

Adult Name (Last) _____ (First) _____

Address: _____ City _____ Zip _____

Home Phone: _____ Emergency Phone _____

Code#	Participant Name	D.O.B.	Sex	Activity Name	Fee

Total Amount Received _____

WAIVER

The undersign participant assumes all risks involved and shall hold harmless the Township of Marlboro, the Recreation Commission, and its employees, from any and all liabilities.

Adult Signature _____

MARLBORO CABLE TELEVISION RELEASE WAIVER

____ Yes, I give my permission for myself to be videotaped for Marlboro Television

____ No, I do not give my permission for myself to be videotaped for Marlboro Television

A COPY OF YOUR DRIVER'S LICENSE IS REQUIRED TO REGISTER



**Marlboro Township
Recreation & Parks Commission
1996 Recreation Way
Marlboro, New Jersey 07746
(732) 617-0100 Fax (732) 536-2376**

Generation Boom



Programming for residents 50–59 years old

**PROOF OF RESIDENCY IS REQUIRED FOR ALL
PARTICIPANTS**

**INCLEMENT WEATHER POLICY
WEEKEND WEATHER CANCELLATION POLICY**

All weekend programs at the Community Center and Marlboro Township Schools will be cancelled in the event of any snow Friday and /or Saturday nights

WEEKDAY WEATHER CANCELLATION POLICY

In the event of inclement weather, such as snowstorms, ice storms or hurricanes and the Marlboro Township Schools are closed, all programs scheduled at the school and Community Center will be cancelled.

If the township elementary schools are delayed due to inclement weather, all programs scheduled in the

Community Center for the a.m. will be automatically cancelled. A determination of the p.m. programs at the Community Center only, will be made by 11:00am

If the township elementary schools are released early due to inclement weather, all evening programs starting after 4:00pm at the schools and Community Center will be cancelled.

Any cancelled programs may be rescheduled at the Recreation Department's discretion. **Call the Recreation Office at (732) 617-0100 or watch**

Cable TV Channel 77 or Listen to WKXW 101.5FM on your radio.



Generation Boom

FiftEase

New programming for 50-59 year old Marlboro residents.

These programs are especially designed for the older adults.

Programs are offered at a reduced rate.

Beginner Ballroom Dancing Recreation Center Code:141407-01

Thursdays Feb.7,14,21,28 Mar.6,13,20,27 Apr.3,10,17 **Fee: \$38.00**

11:30am-12:15pm May 1,8,15,22,29 Jun.5,12,19

No class on Apr.24 Jun.26



Ballroom dancing is the hottest craze. Have a great time, add fun to your life or get ready for that special event. Learn Merengue, Fox Trot, Waltz, Tango and more! Fun for singles or couples.

Learn to Play Canasta Recreation Center Code:141407-02

For Intermediate Player

Fridays **Fee: \$32.00**

10:00am-12:00pm Feb.1,8,22,29 Mar.7,14,28 Apr.4,11,18

May 9,16,23,30 Jun.13,20

No class on Feb.15,Mar.21,28Apr.25,May 2,Jun.27

Spend two hours learning the fine points and the strategies for making Canasta a "challenging" game. **Limited space.**

Knitting Class Recreation Center Code:141407-00

Mondays **Fee: \$32.00**

1:00pm-3:00pm Feb.4,25 Mar.3,10,17,31 Apr.7,14,28

May 5,12,19 Jun.2,9,16,30

No class on Feb.11,18, Mar.24,Apr.21, May 26, Jun.23

Learn the basics of casting on and casting off as well as the basic stitches: knit, pearl, garter and more. Learn how to use the tools, make a gauge for proper measurements and a good fit, and how to read a pattern. Items you need to purchase for the first class are: 1 skein of yarn (your choice of color), regular or worsted, and 1 set of 5-7 size knitting needles. **Class limited to 15.**

Total Body Workout Recreation Center Code:141407-03

Wednesdays **Fee: \$28.00**

9:00am-10:00am Feb.6,13,20,27 Mar.5,19,26

Apr.2,9,16,30 May 7 Jun.11,18

No class on Mar.12, Apr.23,May 14,21,28,Jun.4,25

This class will be held in the gym at the Recreation Center. We will work on flexibility, range of motion, endurance and functional movements for seniors. The program encourages seniors to work at their own pace and to achieve their own fitness goals.



Yoga Recreation Center Code:141407-04

Fridays Feb.1,8,15,29 Mar.7,14,28 Apr.4,11,18 **Fee: \$32.00**

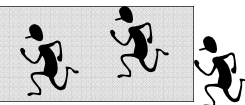
9:00am-10:00am May 9,16,23,30 Jun.13,20

No class on Feb.22, Mar.21, Apr.25, May 2, Jun.6,27

Ease into stretches and gently move your body. Work at your own pace. Wear comfortable clothing. **Limited space.**

Generation Boom

FiftEase



Tai Chi Chi Kung Recreation Center Code:141407-06

Mondays & Wednesdays Feb.4,6,13,20,25,27 **Fee: \$68.00**

10:30am-11:30am Mar.3,5,10,12,17,19,26,31 Apr.2,7,9,14,16,28,30

May 5,7,12,14,19,21,28 Jun.2,4,9,11,16,18

No classes on Feb.11,18,Mar.24, Apr.21,23 May 26, Jun.23,25

Tai Chi Chi Kung: Specializes in promoting musculoskeletal health and mental and physical efficiency. Classes will include Tai Chi, meditation, Qigong, and performance of gentle, stress-reducing exercises for the upper and lower body. Both classes for beginners.

Intermediate Cardio Exercise Recreation Center Code:141407-05

Tuesdays & Thursdays Feb.5,7,12,14,19,21,26,28 **Fee: \$72.00**

10:15am-11:15am Mar.4,6,11,13,18,20,25,27 Apr.8,10,15,17,29

May 1,6,8,13,15,20,22,27,29 Jun. 3,5,10,12,17,19

No class on Feb.12, Apr.22,24,Jun.24,26

Build endurance and strengthen your cardio vascular system by participating in this low impact aerobic class. Please wear good sneakers, wear comfortable clothing and bring a water bottle to class. **Limited space.**

Ping Pong Recreation Center No Fee Code:141407-08

Wednesdays Feb.6,13,20,27 Mar.5,12,19,26 Apr.2,9,16,30

12:00pm-1:00pm May 7,14,21,28 Jun.4,11,18

No class on Apr.23, Jun.25

Have fun socializing over a game of ping pong. Engage in a game of singles or doubles. No experience needed.

N.J. Hospital Report Card, Recreation Center Code:241402-00

Presenter: Marsha Joffe 1:00pm-2:30pm **No Fee**

Wednesday, June 11

The New Jersey Hospital Performance Report was created to provide hospital quality information to patients, their families and health care professionals. The information is designed to help you choose a hospital and make other decisions about your health care.

Great Decisions Discussion Program Code:141407-07

Foreign Policy Association No Fee Recreation Center

Tuesdays, March 18 April 15 May 20 June 17

1:00pm-2:00pm **Inspiring Learning About the World**

Be part of a group to discuss, debate and learn about foreign policy issues. This program brings international affairs into the classrooms and communities nationwide. Some topics for discussion: Talking to Our Enemies, Latin America: Shift To The Left, Russia, US-China Trade Policy and more. If you are interested in monitoring a session, please contact the Senior Citizen Office at (732) 617-0100.